School Guide

Dexcom G6®

CONTINUOUS GLUCOSE MONITORING

Welcome

Welcome to the Dexcom G6® Continuous Glucose Monitoring (CGM) School Guide.

The purpose of this guide is to define CGM, explore the differences between CGM and a blood glucose meter (meter), and explore how you might use CGM.

This guide is for concept illustration only. For detailed step-by-step instructions on how to use the Dexcom G6 CGM System, please refer to the user guide.

Introduction

This guide will introduce you to the basics of CGM. It will discuss:

- Having a plan for diabetes management at school
- The Dexcom G6 CGM System (G6)
- The difference between CGM and a meter
- How you may use CGM to help a student

Diabetes Management Plan

It is a good idea to have a written diabetes management plan at school. Possible contents include:

- Identify trained diabetes personnel and description of training
- Times when trained diabetes personnel will be available
- Level of self-care
- Descriptions of diabetes tasks to be performed by personnel
- Immediate access to diabetes supplies and equipment
- Unrestricted access to snacks, water and bathroom
- Low/high glucose treatment, medication, and insulin therapy plan
- When to call the main caregiver (Mom/Dad/Guardian)
- CGM Information and use of CGM in a school setting

This is not a complete list

Dexcom G6 app* or Receiver:**
Displays glucose information and provides Alarm/Alerts

Applicator with sensor:
Applicator inserts sensor under skin and sensor gets glucose information

Transmitter: Affixed to sensor and wirelessly sends data to display device

* For a list of compatible devices see: dexcom.com/compatibility
** In this guide, we will only be discussing the smart device option.

Smart Device Use

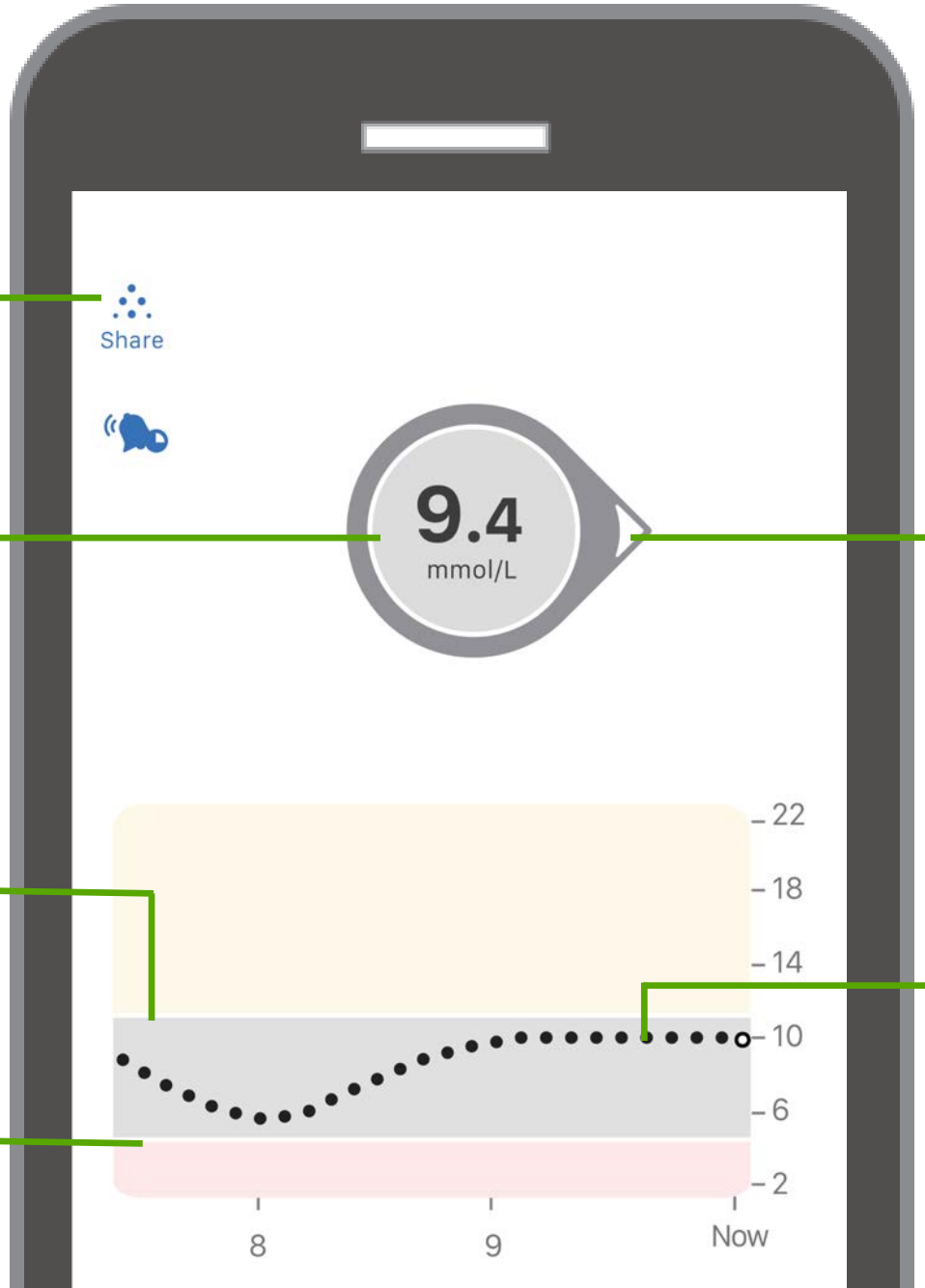
If the student uses a smart device it will need to be with them at all times and the volume will need to be loud enough to hear low and high alerts.

Dexcom Share: A student can share glucose information with up to 5 people

Current Glucose: Shows where the student's glucose is now

High Alert Level: The student will be alerted when glucose rises above this level

Low Alert Level: The student will be alerted when glucose falls below this level



Trend Arrow: Shows a student's glucose speed and direction

Trend Graph: Shows a student's glucose over the past 3 hours

Trend Arrows

Trend arrows shows a student's glucose speed and direction.

Constant

Changing less than 0.06 mmol/L per minute or up to 0.8 mmol/L in 15 minutes

Slowly Rising

Rising 0.06-0.1 mmol/L each minute or up to 1.7 mmol/L in 15 minutes

Rising

Rising 0.1-0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes

Rapidly Rising

Rising more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes

Slowly Falling

Falling 0.06-0.1 mmol/L each minute or up to 1.7 mmol/L in 15 minutes

Falling

Falling 0.1-0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes

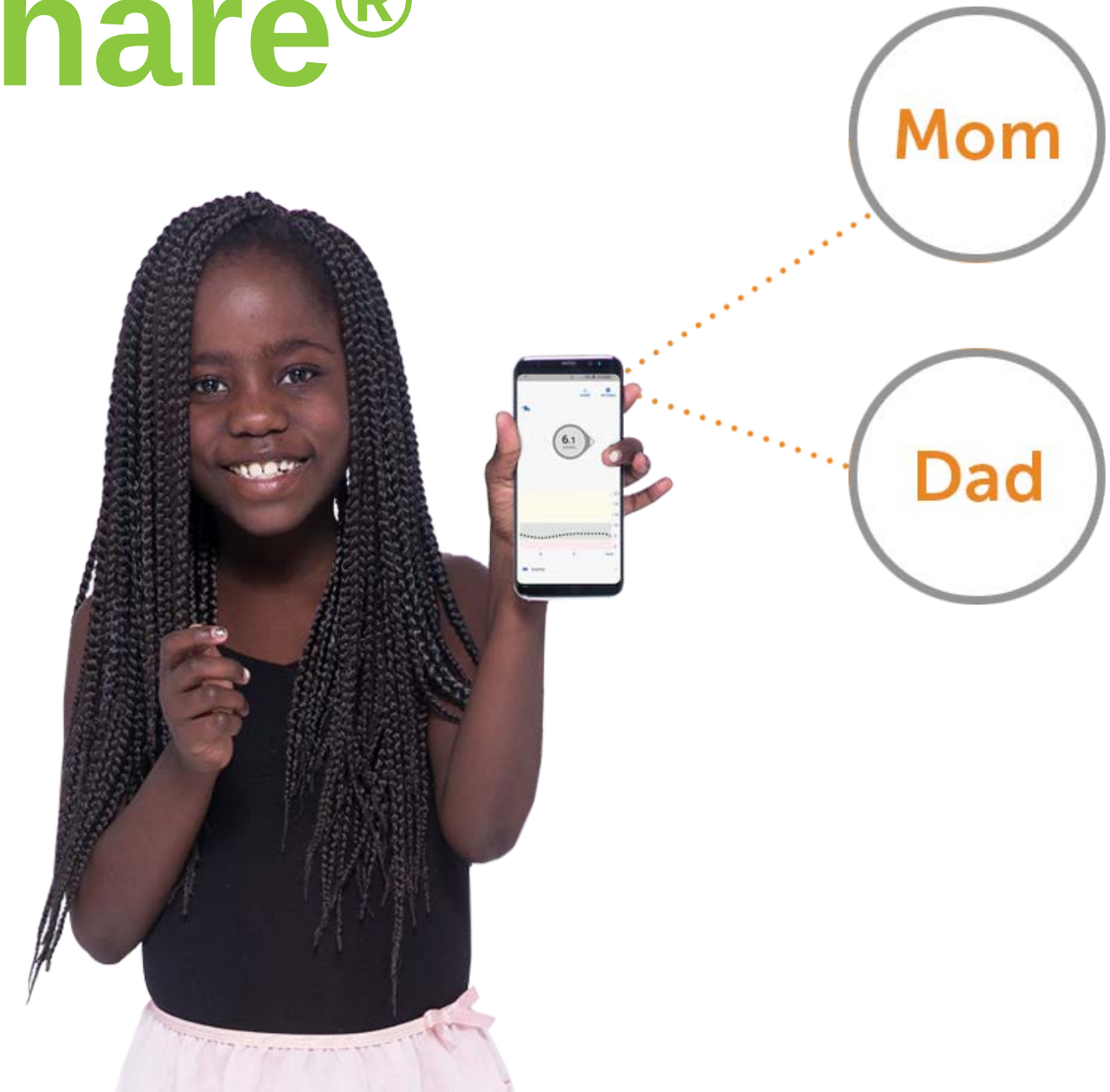
Rapidly Falling

Falling more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes

Dexcom Share®

The G6 app has the built-in Dexcom Share feature, where up to 5 followers can monitor a student's glucose from their smart device.

Followers can be parents, spouses, grandparents, caregivers or even you.

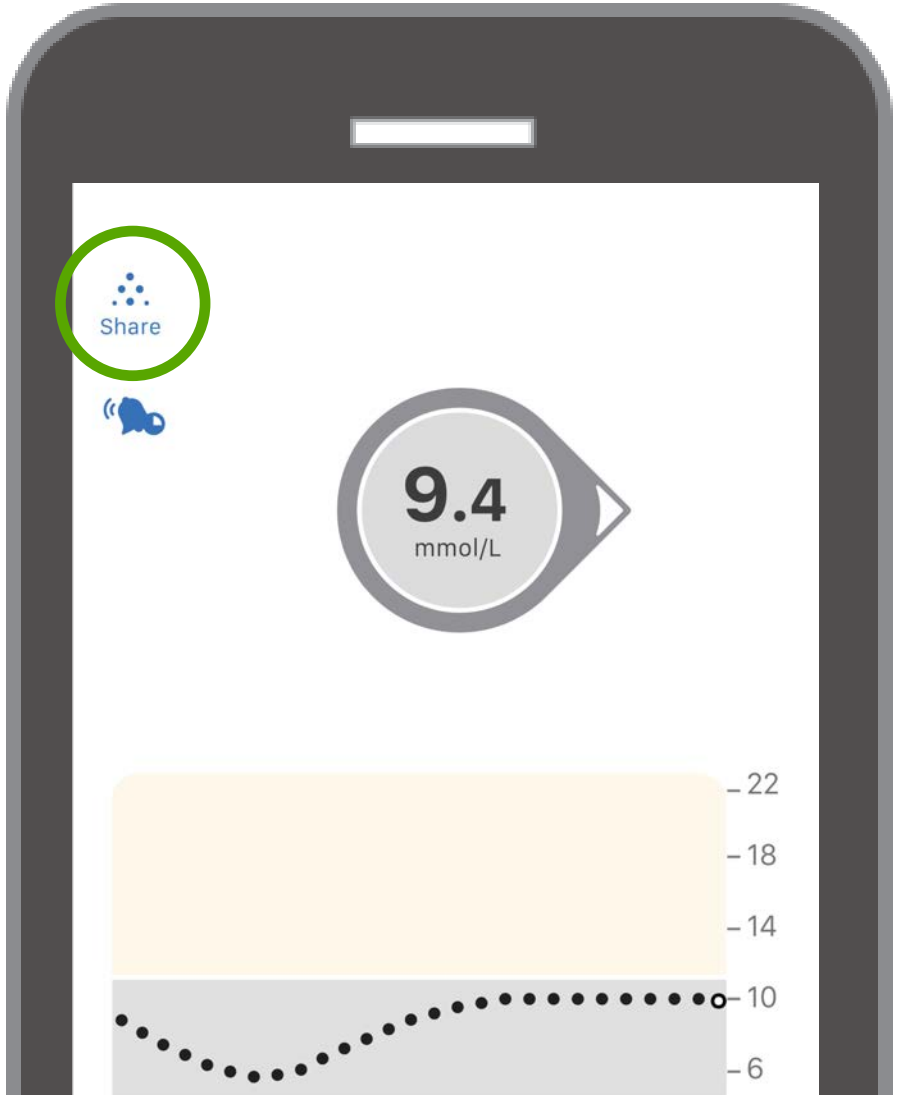


Dexcom Share

The student wearing the G6 is known as the **Sharer**. To share glucose information with **Followers**, the student will need:

- The Dexcom G6 app on a compatible device* with internet connection

A parent may ask for use of school Wi-Fi to use Share.



* For a list of compatible devices see: dexcom.com/compatibility

Dexcom Follow®

To receive the student's glucose information, Followers will need to install the Dexcom Follow app on a compatible smart device* and have internet connectivity. When someone is added as a Follower they will be sent an email with instructions.

Any diabetes treatment decision should be based on the student’s G6, not information from the Dexcom Follow app.

Dexcom Follow App

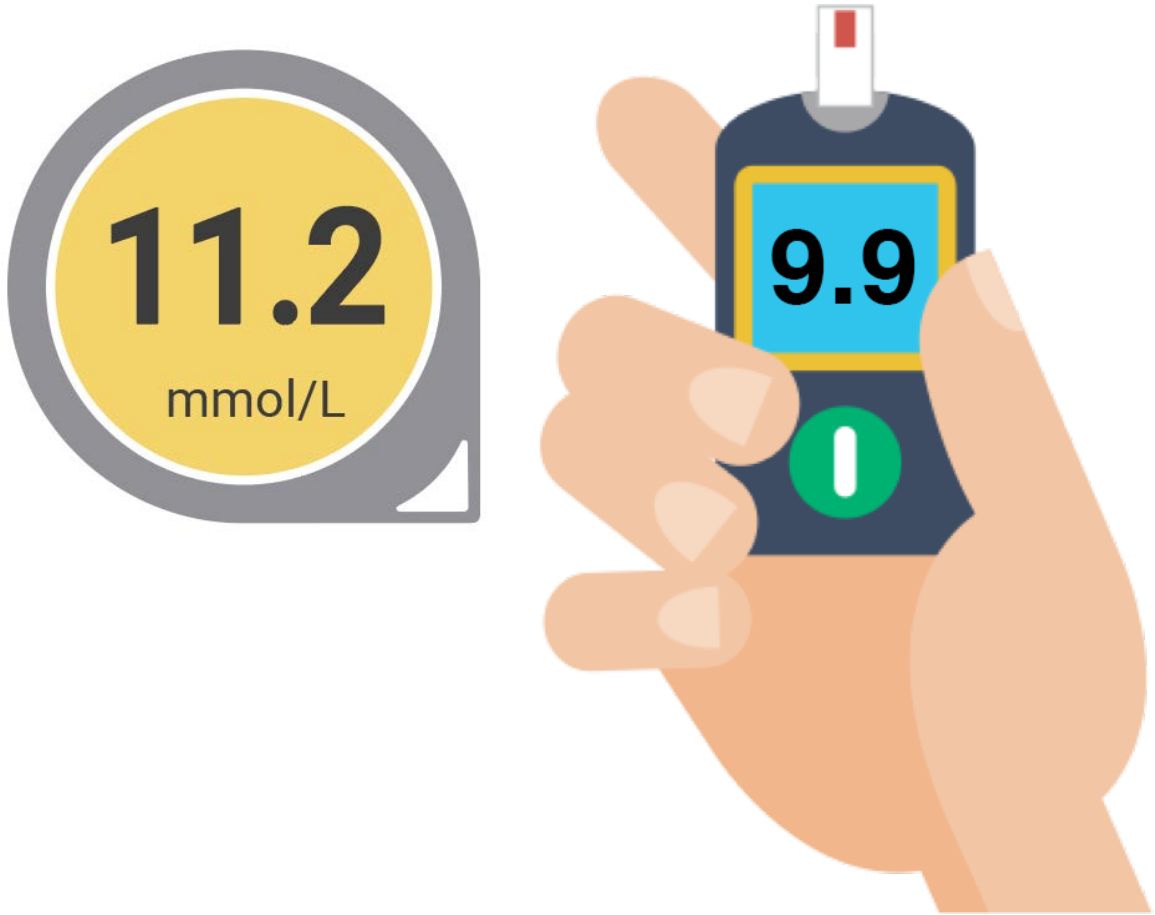
* For a list of compatible devices see: dexcom.com/compatibility

Accuracy

G6 readings and meter values may not be the same and that’s ok.

The G6 and a meter measure glucose from two different types of body fluids: interstitial fluid and blood.

CGM and meters both have a range in which they are considered accurate. Readings can be different and still fall into their accurate range.



CGM in School

Students may come to see you for a variety of reasons regarding their CGM.

The next few screens explore how you may use CGM in a school setting.

Treatment Decisions

A student may come to you to treat a low or high glucose level. The G6 can be used to make treatment decisions such as eating for a low glucose level or dosing insulin for a high glucose level. Base treatment decisions on the student's diabetes management plan.

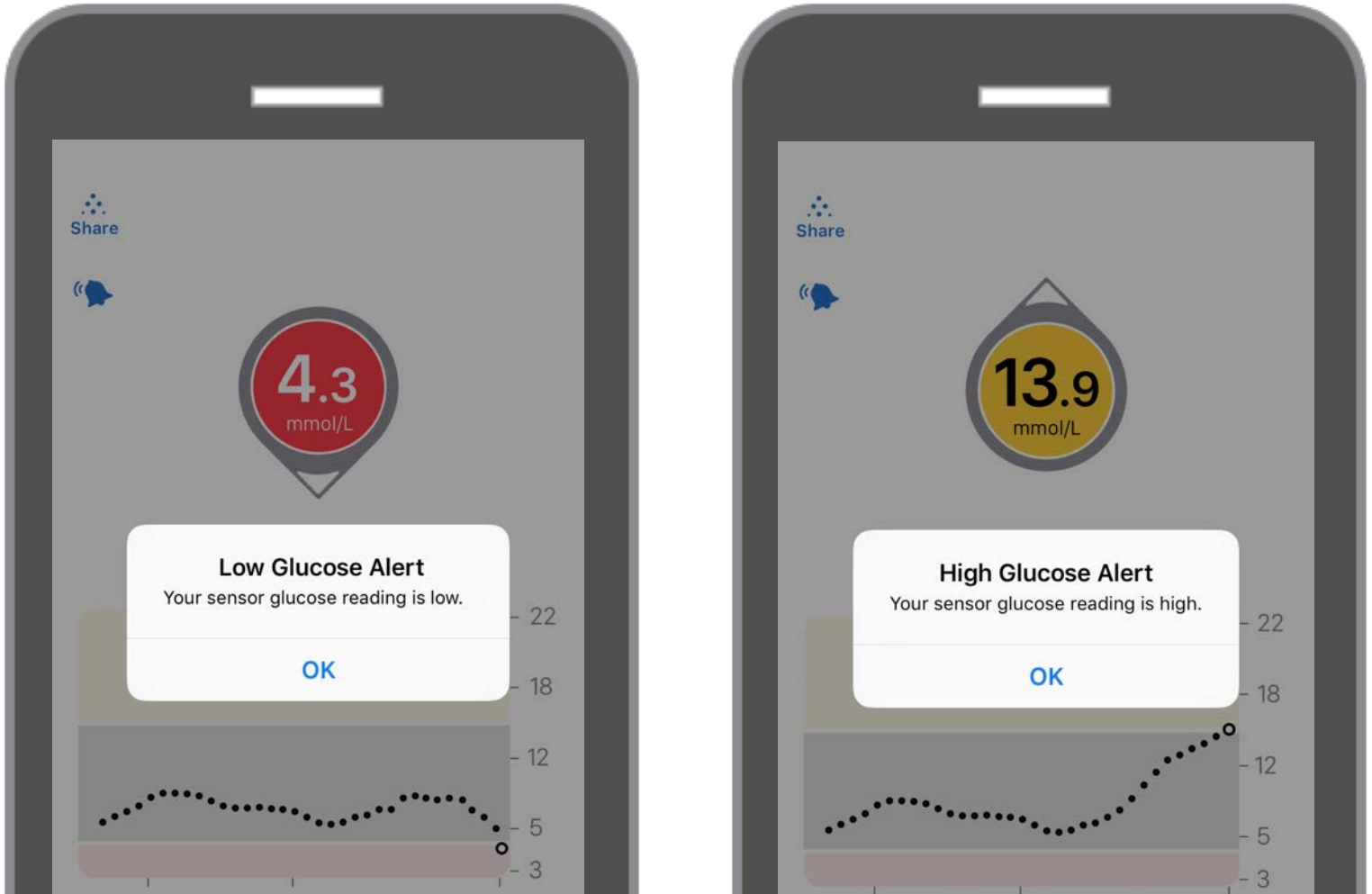
Use a meter:

- If a number and an arrow are not shown on the G6 app
- Any time the student's symptoms don't match readings. For example, if a student says they feel low but the G6 shows them in a normal range.

Low and High Alerts

Each student should have a set low and high glucose alert.

The display device will either vibrate or beep based on the student's alert settings.



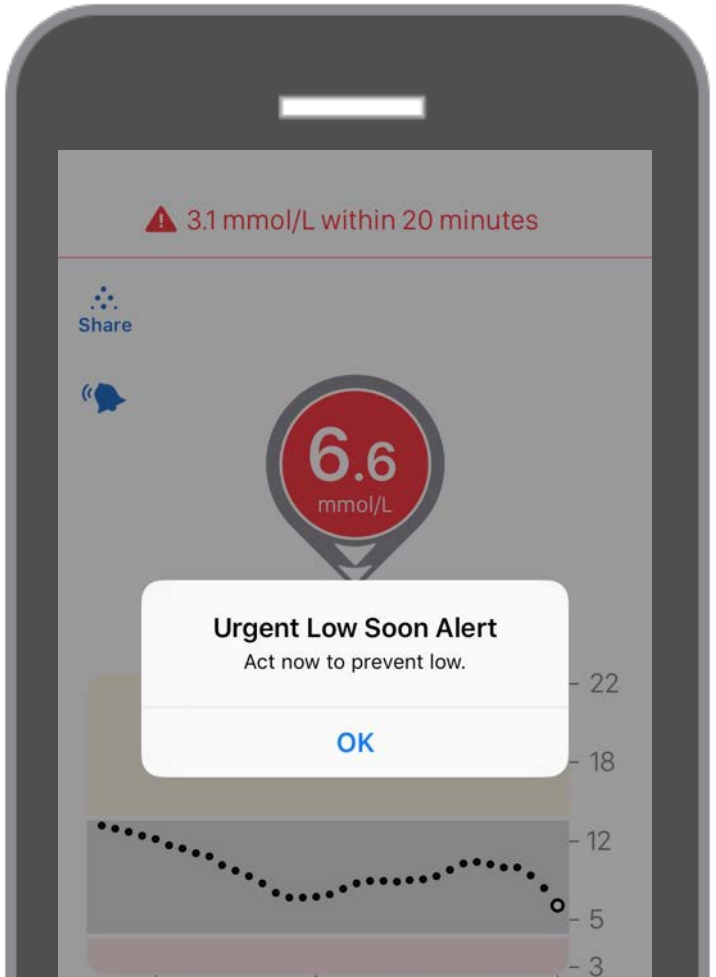
Urgent Low Soon

The Urgent Low Soon Alert sounds when a student will be 3.1 mmol/L in less than 20 minutes.

Depending on how quickly the student will be at 3.1, they will either get their Urgent Low Soon Alert or their Low Alert:

- Within 20 minutes = Urgent Low Soon Alert
- Not that fast = Low Alert

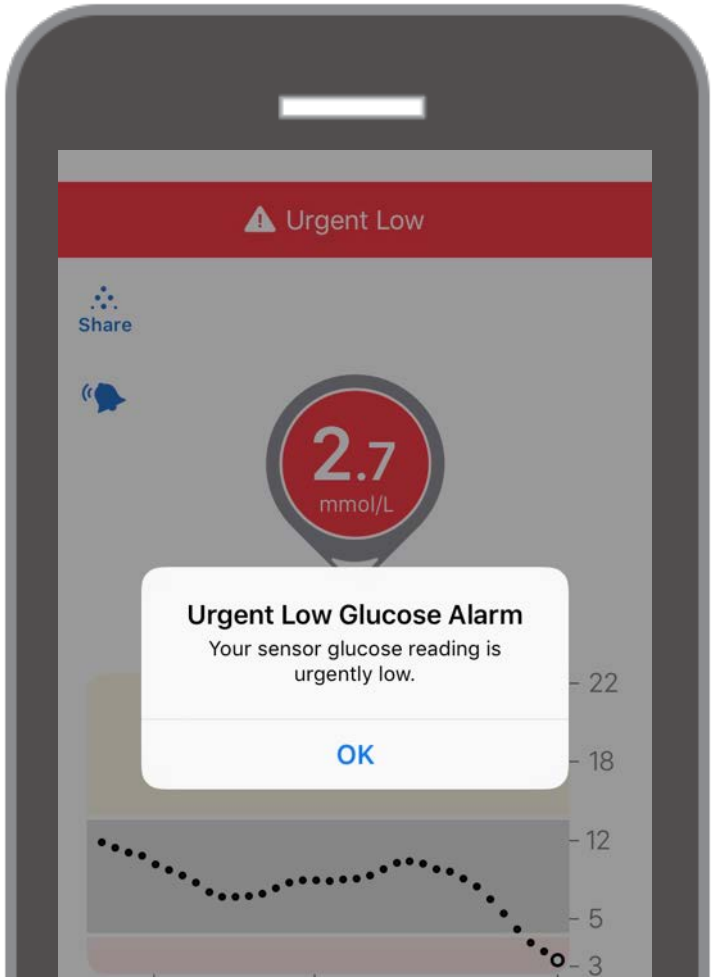
This alert can be turned on or off in settings.



Urgent Low Alarm

There is also the Urgent Low Alarm that lets you know when the student's sensor glucose is at or below 3.1 mmol/L.

This Alarm can't be changed or turned off.



Responding to Alerts and Alarms

Based on the student’s diabetes management plan, a student may come to you to help respond to alerts and alarms.

The steps you should take are:

- Go into the G6 app on the student's smart device
- Tap OK to clear the alert
- Take action based on the glucose information shown in the G6 app and the diabetes management plan

Adhesive

The sensor should stay securely attached to the skin using its own adhesive. If the patch starts falling off or peeling around the edges, you can use medical tape to secure it to the body.

Tape over the white adhesive patch on all sides for even support

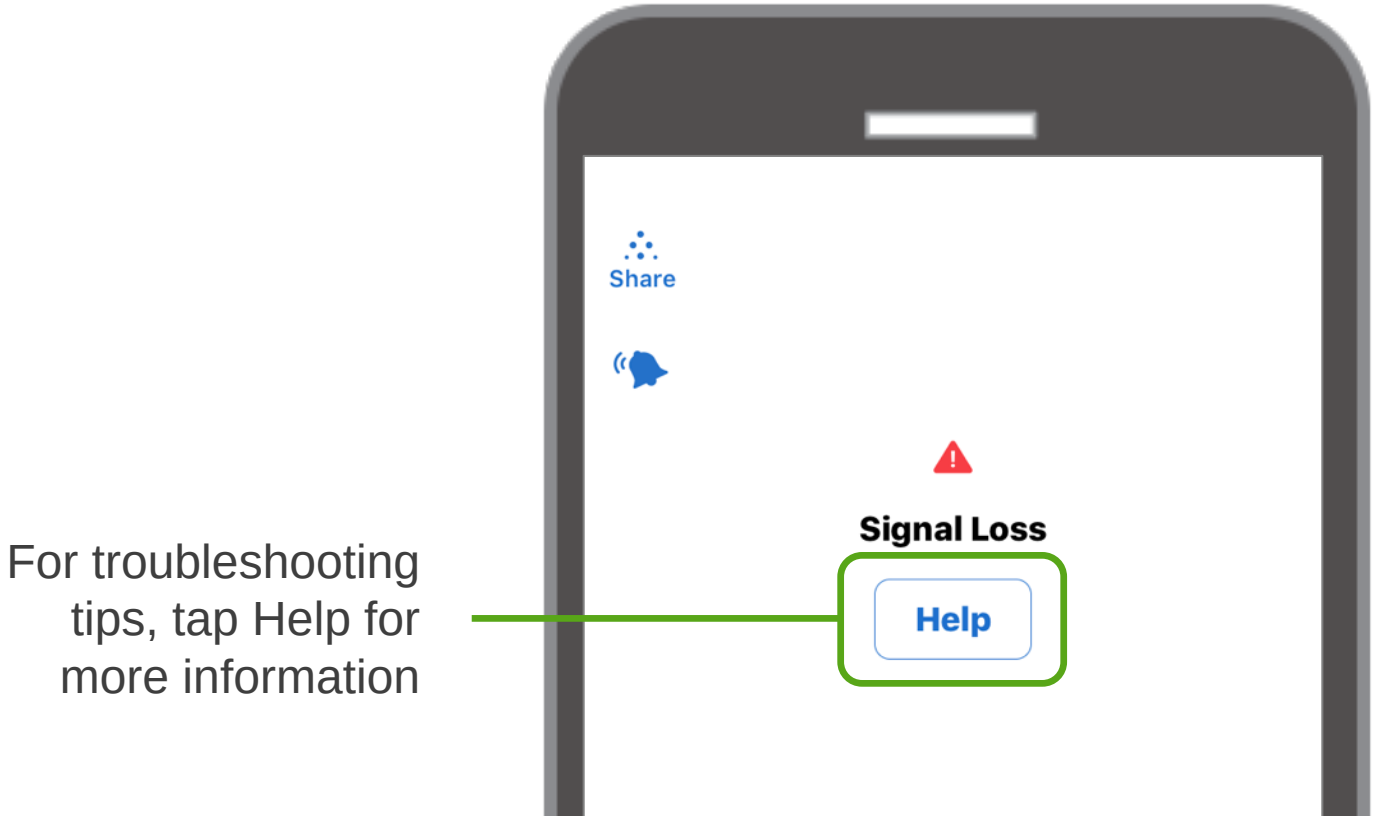
Do not tape over the transmitter, or any plastic parts

Sensor Insertion

You may need to help a student with sensor insertion. Sensor insertion should be outlined in the diabetes management plan.

Troubleshooting

A student may come in for help with a screen they have never seen before. Use a meter for treatment decisions if an error is shown.



Additional Help

For additional support:

contact your local Dexcom representative

Every Student is Unique

If other issues come up regarding the student and their CGM, speak to the main caregiver and adjust the diabetes management plan as needed.

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